



**Certifications:** NASM Certified Personal Trainer

**Focus:** Integration of the mind & body as a whole through strength training & functional movement. I work 1-1 with all ages & fitness levels.

**Personal Bio:** My journey to a healthy lifestyle was a rollercoaster. Growing up, I struggled with a very poor diet, mindset, and was always looking for the “quick fix” for my fitness goals. It wasn’t until college where I started strength training and immediately felt a drastic shift in my mindset and lifestyle as a whole. Along the way I fell in love with the journey of who I was becoming and not the destination. As I changed, so did my goals and that’s when I invested in a coach to hold me accountable and push me to the next level. Once I realized how good I could feel and saw how that motivation seeped into other areas of my life....that’s when I knew I wanted to help others feel the exact same way! I have been strength training since 2019 but have been coaching 1-1 in-person + online for a little over a year now. My goal as a personal trainer is to help you achieve your fitness + mindset goals and fall in love with the process of becoming better, not perfect.

**CAITLIN (CAIT) HARLEY** NASM Certified Personal Trainer